Hampton College

13 March 2026

HAMPTON COLLEGE

Dear Parents and Carers

At Hampton College Primary, we are always looking for ways to support your child's learning, wellbeing, and overall development. One small but important part of this is encouraging healthy eating habits—especially when it comes to the snacks children bring to school.

Healthy snacks help children to stay focused and ready to learn throughout the day, maintain steady energy levels, and develop positive long-term habits around food. To support this, we kindly ask that snacks brought from home are **nut-free** and healthy.

Here are some nut-free healthy snack ideas:

- Fresh fruit (apple slices, bananas, grapes, berries)
- Vegetable sticks (carrot, cucumber, pepper)
- Cheese cubes or cheese strings
- Yoghurt or fromage frais (nut-free varieties)
- Rice cakes (plain or lightly flavoured)
- Wholegrain crackers
- Plain popcorn
- Dried fruit (small portions; ensure no nut mixes)
- Hummus with veg sticks or pitta strips (ensure nut-free brand)
- Fruit loaf
- Breadsticks
- Nut-free cereal bars (check packaging carefully)

We would appreciate your support in avoiding sugary snacks, sweets, chocolate bars, and crisps, as these can make it harder for children to stay alert and can impact learning and behaviour.

We fully understand that mornings can be busy, and we truly appreciate the effort you already put into supporting your child's education. By working together, we can help all children build healthy routines that will benefit them for years to come. Staff will be being extra vigilant and monitoring snacks from Monday 16th March.

If you have any questions or would like further ideas for easy, healthy snack options, please feel free to get in touch or check out our fortnightly newsletter.

Warm regards,

MStuffins

Mrs Stuffins
Deputy Head of School (Primary Phase)